

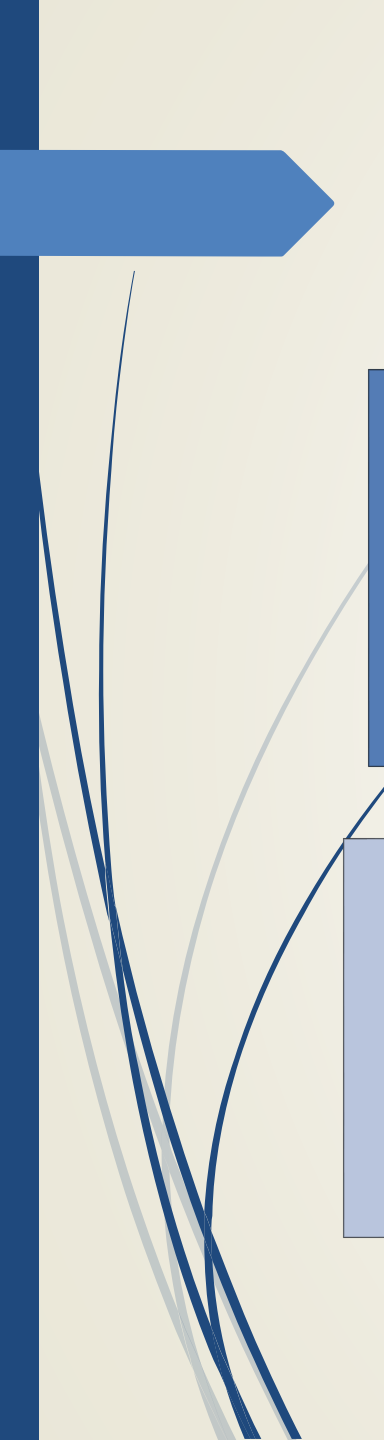


STUDENT ASSISTANCE SERVICES

Substance Use Prevention and Intervention

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The Role of the Student Assistance Specialist



3-Day
Insight Class

Assessment &
Referral

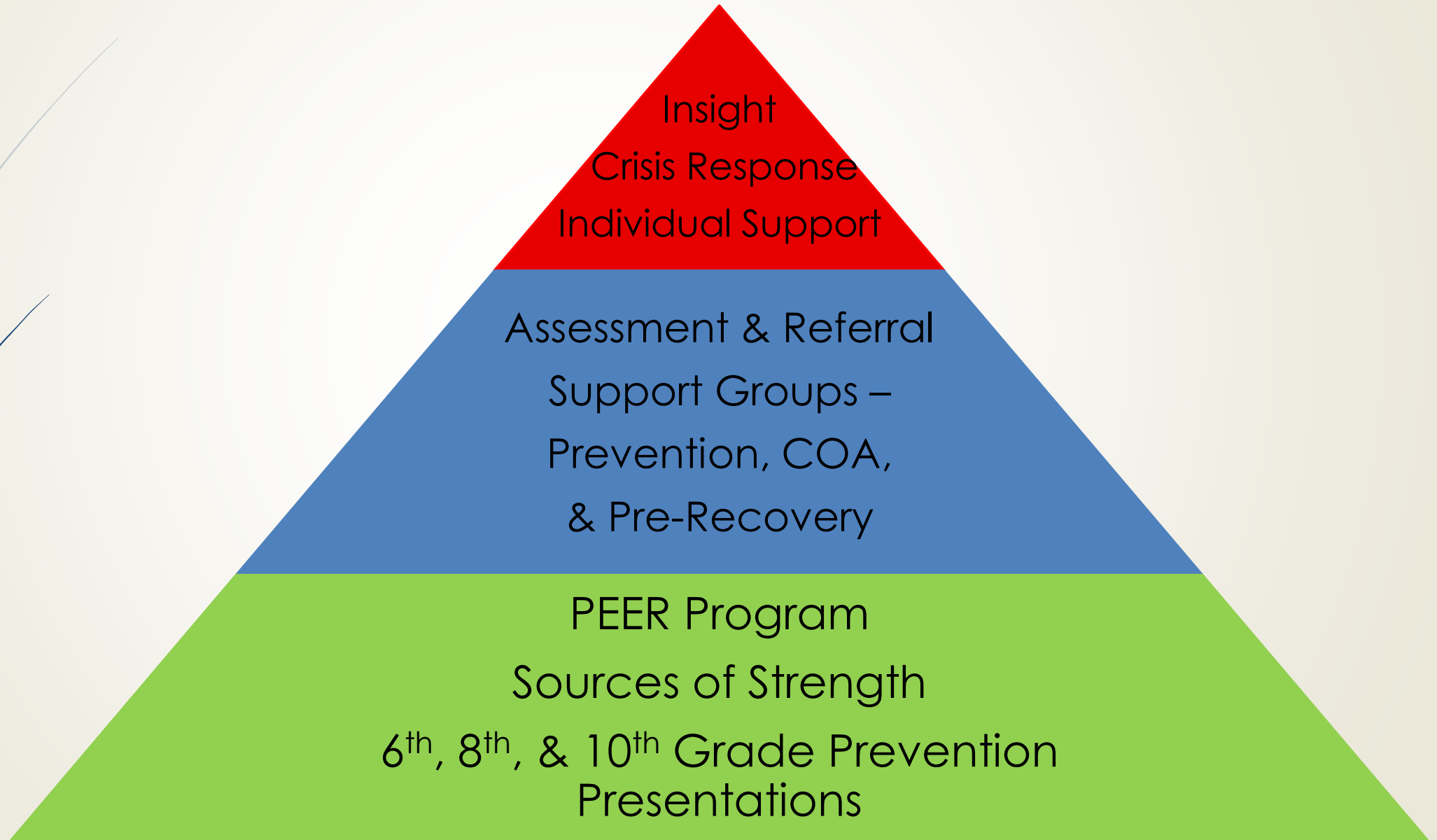
Individual
Support

Group
Support

Middle & High
School
Presentations


School, Parent,
& Community
Presentations

Multi-Tiered System of Support






6th and 8th Grade Prevention Presentation

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- Why do people use drugs?
 - How do drugs work?
 - Which brain do you want?
 - Basic information about Tobacco/Nicotine, Alcohol, Marijuana, OTC Medications, Inhalants, and Prescription Drugs
 - Progression of Use
 - Protective Factors and Risk Factors
 - Substance Use and the Affect on Family
 - Refusal Skills and Healthy Alternatives
 - Review of LCPS Policy
 - School-based Supports
 - How to get help



10th Grade Prevention Presentation

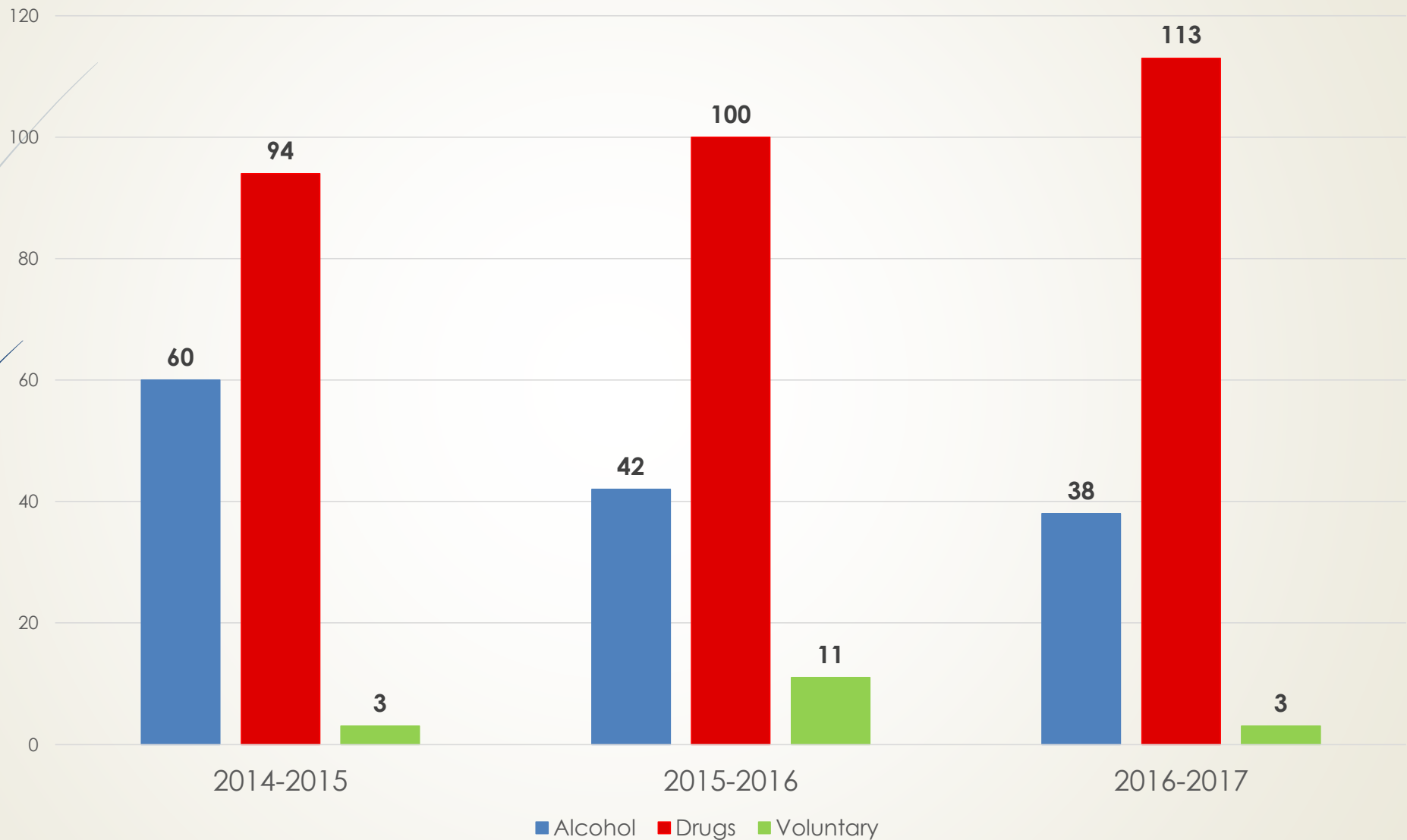
- Why do people use drugs?
 - How do drugs work? **Specific information on how drugs impact brain**
 - **Drug Jeopardy - Tobacco/Nicotine, Alcohol, Marijuana, OTC Medications, Inhalants, and Prescription Drugs**
 - Stages of Addiction – Disease Concept
 - Protective Factors and Risk Factors
 - Substance Abuse and the Affect on Family
 - Refusal Skills and Healthy Alternatives
 - Review of LCPS Policy
 - School-based Supports
 - How to get help
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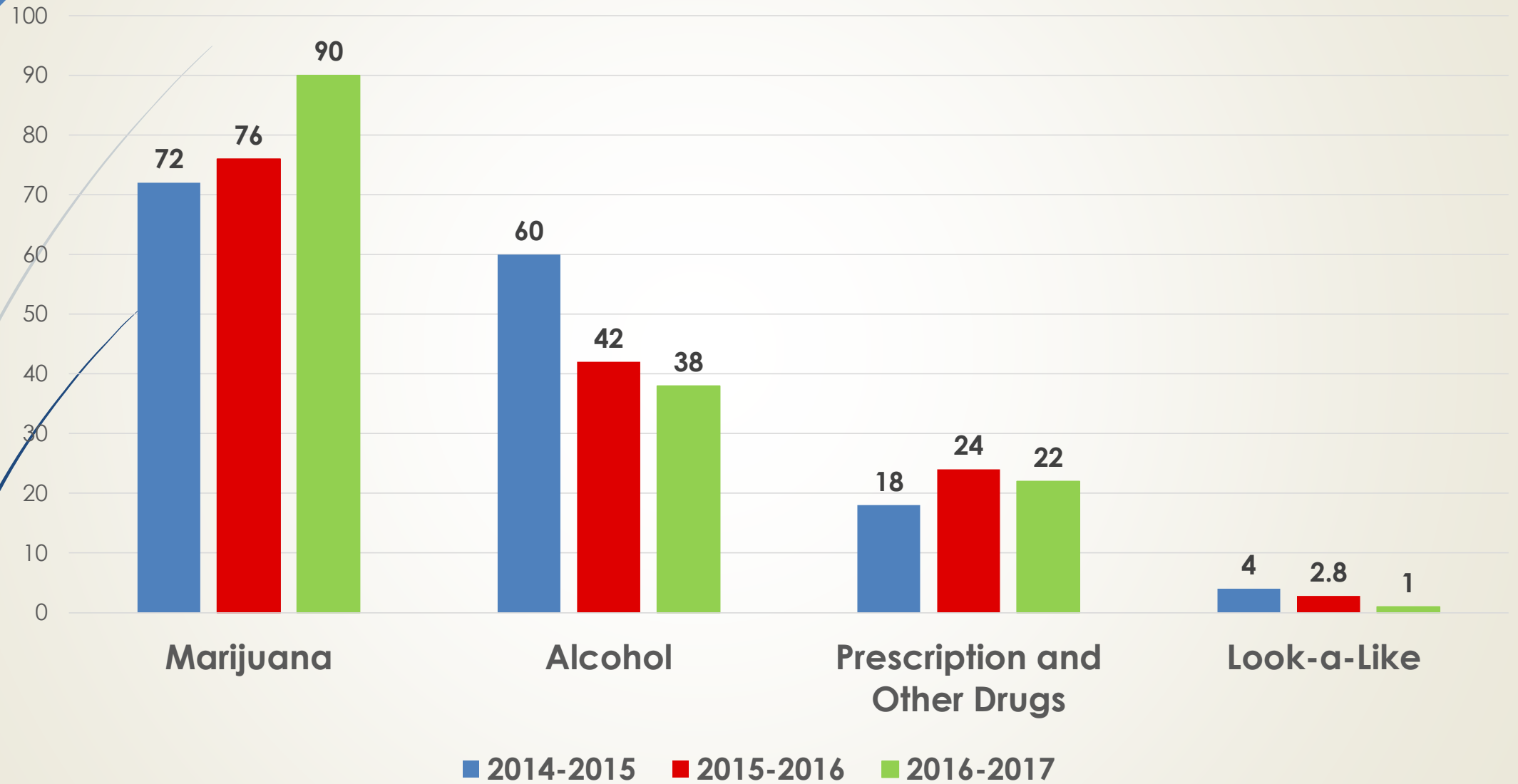
PRESENTATION OUTCOMES 2016-2017

- **5,762** middle school students and **4,884** high school students were presented the Substance Use Prevention Presentation
- 953-sample size of students were randomly selected to participate in the evaluation
- **70%** Not at all likely to abuse drugs and alcohol during middle and high *before* the presentation
- **81%** Not at all likely to abuse drugs and alcohol *after* the presentation
- **11% increase in students who are not likely to use or abuse drugs after learning the risk factors**

Violation Comparison Per Year



TYPES OF SUBSTANCES

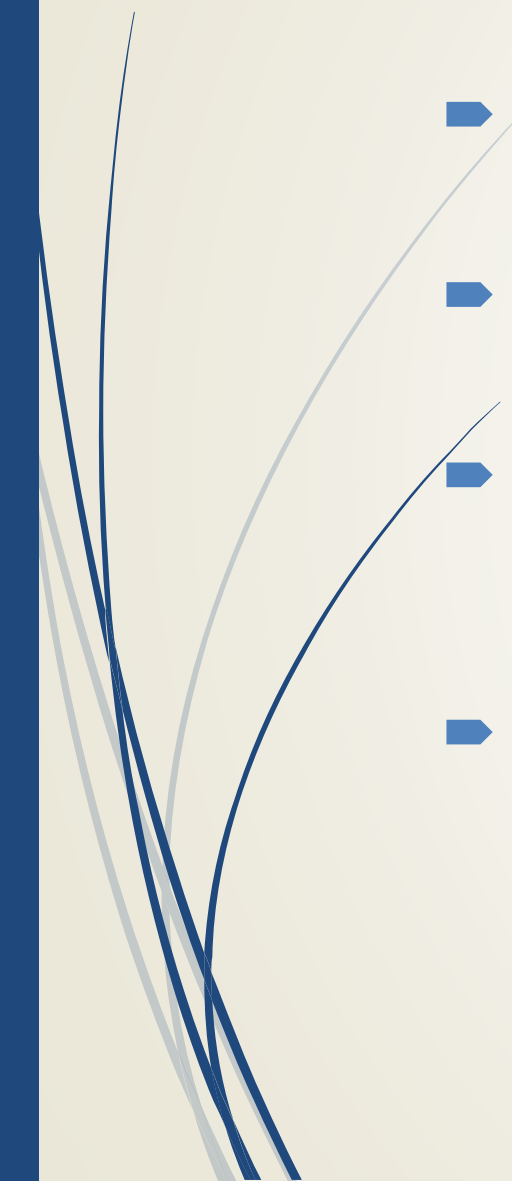


Assignment to the Insight Class

- Student violates the alcohol and drug policy
- Parent and student meets with Student Assistance Specialist
- Student completes the Substance Abuse Subtle Screening Inventory (SASSI)
- 3 day psycho-education and early intervention class
- Students may also attend on voluntary basis
- Key Concepts Explored - Risk and Protective Factors, Defense Mechanisms, Family Roles, Disease of Addiction, Impact on the Brain, Assets and Strengths, JDC Tour



INSIGHT CLASS OUTCOMES 2016-2017

- Of the 128 students that completed the evaluation after attending the 3-day early intervention Insight class:
 - **98%** of the Insight students reported that the Insight class was beneficial.
 - **84%** of the Insight students reported that as a result of the class they intended to decrease or stop using drugs and alcohol.
 - **88%** of the Insight students who attended the JDC tour reported their Substance Use behavior would decrease or stop.
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Navigating the Path to Student Wellness

Substance Use Awareness: Signs Symptoms, and Loudoun County Resources

Student Assistance Staff
Detective Michael Safford

Participants will gain insight into the most common drugs that teens use, including what these substances look like, dangers of use, and specific warning signs. Parents/guardians will gain knowledge which will help keep their children safe and an awareness of prevention and intervention services available in the schools and community.

High Risk Behaviors with Adolescents and Young Adults. What You Need to Know

Ross Addiction Counseling, LLC

Many kids ages 12-18 years old engage in high-risk behaviors ranging from substance use including alcohol, have risky sexual encounters and make unhealthy choices. Information on what to look for and how to approach the topic with your kids.



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